





Health Plans in Commonwealth Care

			
Contact: Boston Medical Center (BMC) HealthNet Plan — Phone: 1-800-792-4355 TTY: 1-866-765-0055 Web: www.bmchp.org	Contact: Fallon Community Health Plan (FCHP) — Phone: 1-800-868-5200 TTY: 1-877-608-7677 Web: www.fchp.org	Contact: Neighborhood Health Plan (NHP) — Phone: 1-800-462-5449 TTY: 1-800-655-1761 Web: www.nhp.org	Contact: Network Health — Phone: 1-888-257-1985 TTY: 1-617-806-8196 Web: www.network-health.org
About this plan Areas served: BMC HealthNet Plan serves all areas of Massachusetts Languages: Has providers or medical staff who speak English, Spanish, Haitian Creole, Portuguese, Russian and more Offices: Has medical providers (doctors) who practice in: <ul style="list-style-type: none"> • Community Health Centers • Hospital-based group practices • Multi-specialty group practices • Private group or individual offices 	About this plan Areas served: FCHP serves Central and Eastern Massachusetts Languages: Has providers or medical staff who speak English, Spanish, Hindu, Portuguese, Russian, Chinese and more. Offices: Has medical providers (doctors) who practice in multi-specialty group practices.	About this plan Areas served: NHP serves Central, Eastern, Northern, Southeastern, and Western Massachusetts Languages: Has providers or medical staff who speak English, Spanish, Portuguese, Chinese, Haitian Creole, Russian and more. Offices: Has medical providers (doctors) who practice in: <ul style="list-style-type: none"> • Community Health Centers • Hospital-based group practices • Multi-specialty group practices • Private group or individual offices 	About this plan Areas served: Network Health serves Central, Eastern, Northern, Southeastern, and Western Massachusetts Languages: Has providers or medical staff who speak English, Spanish, Portuguese, Haitian Creole, Cantonese, and more. Offices: Has medical providers (doctors) who practice in: <ul style="list-style-type: none"> • Community Health Centers • Hospital-based group practices • Multi-specialty group practices • Private group or individual offices
<p align="center">Benefits and copays in these plans</p> <p align="center">All health plans offer <i>the same basic health benefits</i> (services) and <i>the same copays</i> (payments for services). See the brochure, <i>Benefits and Copays</i>.</p>			
Alcohol, drug abuse and mental health A full range of treatment is offered by the plan. Call BMC HealthNet Plan to learn more. Phone: 1-877-957-5600 TTY: 1-866-765-0055	Alcohol, drug abuse and mental health A full range of treatment is offered by Beacon Health Strategies for FCHP. Call Beacon to learn more. Phone: 1-888-421-8861 TTY: 1-781-994-7660	Alcohol, drug abuse and mental health A full range of treatment is offered by Beacon Health Strategies for NHP. Call Beacon to learn more. Phone: 1-800-414-2820 TTY: 1-781-994-7660	Alcohol, drug abuse and mental health A full range of treatment is offered by the plan. Call Network Health to learn more. Phone: 1-888-257-1986 TTY: 1-617-806-8196
<p align="center">Vision care</p> <p>For all health plans in Commonwealth Care, the basic vision benefit is a routine eye exam and free glasses every 24 months. Each plan may offer extra coverage for glasses and contact lenses.</p> <p>To know the exact vision benefits offered by a plan, call the plan or call Commonwealth Care at 1-877-MA-ENROLL (1-877-623-6765).</p>			

Health Plans in Commonwealth Care, *continued*



Neighborhood Health Plan
Getting better together.



Extras

BMC HealthNet Plan offers:

- A free nurse advice line. You can call 24 hours a day, 7 days a week if you or a family member are sick or hurt, or for any health questions.
- No referrals for visits to BMC HealthNet Plan specialists.
- *Member News*, a quarterly member newsletter.
- A website at www.bmchp.org with information about benefits and health topics such as asthma, how to quit smoking, how to have a healthy baby, and many others.

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FCHP offers:

- Free phone calls with nurses and other health care professionals, 24 hours a day, 7 days a week.
- No referrals for visits to Fallon Clinic specialists.
- Discounts on chiropractic care (beyond standard benefit), acupuncture, massage therapy, health and wellness products, vitamins and fitness equipment.
- Discounts at fitness centers.
- The *It Fits!* program pays a member up to \$100 for certain healthy activities, such as fitness club memberships, Pilates and yoga by certified instructors, Weight Watchers, and town and school sports programs.
- *Healthy Communities*, free quarterly health guide.
- A website at www.fchp.org: find a PCP or specialist, change your address, contact customer service, e-mail your questions, get important health information, access the Healthwise® Knowledgebase, create a Personal Wellness Profile™.

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NHP offers:

- *Health Needs A Plan*: A free home medical reference book, in English or Spanish, with information on more than 200 common health concerns.
- Free registration at Weight Watchers.
- *Our Neighborhood*, a twice yearly newsletter in English and Spanish about health and NHP services.
- A website at www.nhp.org with the Healthwise® Knowledgebase and *Smart Neighbor*, a list of over 450 medical and social resources.

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Network Health offers:

- Free phone calls with doctors, nurses, social workers and other health care professionals, 24 hours a day, 7 days a week.
- No referrals for visits to Network Health specialists.
- Products to help you quit smoking.
- Free Weight Watchers registration and discounts on gym memberships.
- *MemberCare*, a quarterly member newsletter in English and Spanish, with information on important health topics and Network Health services.
- A website at www.network-health.org where you can find a PCP or specialist, change your address, e-mail your questions, and get important health information.

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Education and case management

BMC HealthNet Plan offers (restrictions may apply):

- **Asthma management:** Home visits, home environment assessment, nurse care managers and community resource care managers.
- **Diabetes and congestive heart failure management:** Education plan, nurse care managers and home visits when needed.
- **HIV/AIDS:** Community resource care managers and home visits when needed.
- **Pregnancy and parenting:** Childbirth and parenting classes, help on pregnancy and parenting issues from nurse care managers and community health workers.
- **Community resource help:** Care managers to assist with housing, food, heating fuel and clothing needs.

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Education and case management

FCHP offers (restrictions may apply):

- **Stop smoking:** nicotine patches, group sessions, telephone counseling.
- **Asthma, coronary artery disease, diabetes and heart failure:** Disease management with provider coordination of care and services, classes, informational booklets and telephone support by a registered nurse.
- **Care coordination:** FCHP has case management services that help you coordinate pregnancy, short-term illnesses and medical and social issues.
- **“Coming Home” program:** Support to members following hospitalization.
- **Member outreach:** FCHP calls members to help them better understand their benefits and their health care insurance.

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NHP offers (restrictions may apply):

- **Care Coordination:** An NHP Care Manager, like a personal health coach, works with you, your doctor, and your family to help figure out services you want and need.
- **Social Care Managers:** NHP connects you with community resources for housing, food, heat and clothing you may need.
- **Stop Smoking:** Nicotine replacement medicines and individual telephone counseling.
- **Asthma:** Disease management, education, home environmental assessments and telephone support.
- **Diabetes:** Disease management, education, home visits and telephone support.
- **Pregnancy:** NHP's *For You Two* program offers help with pregnancy and answers questions about parenting.

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Network Health offers (restrictions may apply):

- **Coordinated care:** We bring together our medical, pharmacy, behavioral health, and social care management teams to ensure you get the best possible care.
- **Social care managers:** We link you with community resources to help you get the support you need.
- **Personal health coaches:** Our coaches are available 24/7 to assist you with managing chronic illness, if needed, and to help provide access to additional online, printed, and video health information.
- **Diabetes program:** We offer education, support, and free BROOKS® pharmacy gift cards to help manage your diabetes.
- **Pregnancy program:** We offer proactive help with your pregnancy and parenting questions.

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